**GOALIE SIZING GUIDE**

## Goalie Leg Pad Sizing

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| http://www.sportsgiant-dev.com/fitting/images/goal_pad.jpg | To measure for goalie leg pads, you will need three measurements.   1. Your skate size 2. Measure from inside ankle bone up to the center of the knee cap with the leg bent slightly forward 3. Measure from the center of the kneecap up to the desired height on your thigh. This will typically run between 6 and 9 inches   Add these three values together for your recommended goal pad size. Ideally, the player's knee will fit into the middle knee roll. |

## Goalie Blocker and Catcher Sizing

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| http://promo.hockeygiant.com/goalie-blocker.jpg | Gloves are a personal preference but should fit loose. Arm pads should be able to move freely and fit comfortably in the cuff of the glove. The ideal fit for a glove should be something comfortable yet protective. |

## Goalie Chest & Arm Protector Sizing

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| http://www.sportsgiant-dev.com/fitting/images/goalie_chest.jpg | A good chest pad will provide protection in all areas including the collarbone, ribs, sternum, and biceps. A good fitting pad is essential for both the prevention of injury and the most responsive performance. |